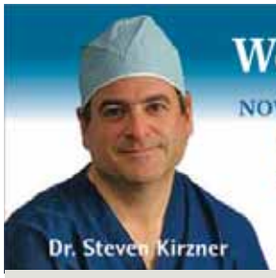

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HE'S OUT
metroNEWS

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GUILTY

TERROR TRIAL

But conviction is on hold until entrapment claim is heard

A B.C. couple has been found guilty by a jury of plotting to set off handmade pressure-cooker bombs at the provincial legislature two years ago.

The panel convicted John Nuttall and Amanda Korody of conspiracy to commit murder and possession of an explosive substance on behalf of a terrorist group.

In an unusual twist, the conviction won't be entered until next week, after the defence has a chance to argue that police entrapped the couple into the plot during an elaborate sting operation.

As the verdict was read out, Nuttall made a heart shape with his fingers directed at Korody.

The jury began deliberating behind closed doors on Sunday morning after hearing more than four months of testimony.

The couple was arrested on July 1, 2013, the day they were there accused of planting three pressure-cooker bombs on the grounds of the legislature. The police had ensured the bombs were inert.

Covert recordings were taken of Nuttall and Korody at home, during meetings in various hotel rooms and while driving around with undercover officers. One video appeared to depict the two hiding their faces with scarves and filming a jihadist video they planned to release after their attack.

The Crown alleged the couple used what they believed were authentic al-Qaida connections to secure several kilograms of what RCMP officers have testified were fake explosives to arm a trio of pressure-cooker bombs brimming with deadly metal shrapnel.

John Nuttall and Amanda Korody in a still from an RCMP undercover video.
RCMP HANDOUT/THE CANADIAN PRESS

The court watched covert video footage showing Nuttall and Korody planting the bombs beneath decorative bushes flanking the B.C. legislature early Canada Day morning.

Recordings played in court showed the pair saying they believed killing women and children was acceptable so long as they weren't explicitly targeted in the attack but rather died as collateral damage.

In its cross-examination of the Crown's witnesses, the defence offered an alternative interpretation of events, highlighting what they characterized as the heavy-handed role played by the police in guiding Nuttall and Korody throughout the undercover investigation.

THE CANADIAN PRESS

THE NUMBERS

128: Number of days the undercover RCMP sting lasted. First contact with Nuttall was on Feb. 23, 2013. He and Korody were arrested more than 18 weeks later on July 1, 2013.

240: At least this many police officers took part in the sting operation at one point or another. Twenty to 30 officers were involved on a daily basis.

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Bees live in insect luxury as hotel welcomes them aboard

NATURE

Fairmont Waterfront to provide a home for pollinators

Thandi Fletcher
Metro | Vancouver

"Bee butler" Michael King thinks Vancouver's Fairmont Waterfront will be a hive of activity this summer, with efforts to provide so-called bee hotels for the threatened insects.

The luxury hotel chain announced Tuesday that it has built 16 bee hotels across Canada, including three in downtown Vancouver, to help provide bees with a safe space to rest and nest.

16

Number of bee hotels built across Canada by Fairmont Hotels and Resorts, including three in Vancouver.

Instead of down duvets and crisp linen sheets, the hotel hopes these bumbling guests will find comfort in beds of twigs, soil and wood slices from downed Stanley Park trees with holes drilled into them.

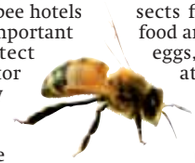
"Bees like natural products, so you've got to make sure that all of the products that you put into here are products that you'll find in their normal habitat," King told Metro.

"They're amazing insects because they can detect when something is not quite right."

The bee hotels are a joint effort between Fairmont Hotels and Resorts and Burt's Bees Canada, Pollinator Partnership Canada and Sustainable.TO architecture firm.

Sarah Common, of Vancouver non-profit Hives for Humanity, which built the bee hotels, said the structures have "nooks and crannies" to encourage different species of bees, including honeybees and bumblebees, to build nests.

But she said the bee hotels are especially important in helping protect solitary pollinator bees, which play a vital role in pollination and sustainable urban food production.



Solitary bees are small insects focused on gathering food and taking care of their eggs, all the while pollinating flowers. Because they live on their own, finding a safe habitat can sometimes be difficult.

Habitat loss, climate change, pesticides, parasites and disease have all been cited as causes for the plummeting populations of pollinators like bumblebees and butterflies.

If bee populations ever truly collapse, the impact on global agriculture would be stinging.

"That's the key thing," said King. "By destroying natural habitats, we're undermining their ability to survive."

As part of the bee hotel campaign, Burt's Bees is also launching a new limited-edition kit, The Honeymoon Suite, of which 100 per cent of the profits will go toward the initiative.

Fairmont will also offer specially crafted pollinator menus and signature drinks to support the cause.

WITH FILES FROM TORSTAR NEWS SERVICE

Michael King, a "bee butler" at the Fairmont Waterfront in downtown Vancouver, says he hopes the three bee hotels will help provide the pollinators with ample space to nest. THANDI FLETCHER/METRO

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Scorpion found in bananas

RETAIL

'I just saw legs moving,' says Victoria woman

Thandi Fletcher
Metro | Vancouver

A Victoria woman who bought organic bananas at a local grocer last week was frightened to find a scorpion hiding in the bunch.

Christy Smith says she spotted the scorpion while making her morning smoothie on Sunday using organic bananas she had bought at Thrifty Foods in Fairfield.

"I had two bananas left and they were kind of attached with this big organic Del Monte sticker," she told Metro.

"When I peeled that off I just saw legs moving."

Smith said her "ninja reflexes" kicked in and she quickly smashed the squirming critter, which was about the size of a penny.

"I didn't even realize what it was at first," she said. "It didn't look familiar, so I opened it up and realized, 'Oh my God, it's a scorpion.'"

Still in shock, Smith said she took a photo of the scorpion and posted it on Facebook where it was quickly shared and spread across the social media website.

A day later, Smith said a manager at Thrifty Foods phoned her to offer a refund on the bananas and a $25 gift card.

Thrifty Foods did not respond to requests for comment, but the company confirmed in a tweet that it had provided a refund to the customer and has followed up with her.

Thrifty Foods spokeswoman Erin Coulson told CBC News that tropical insects do occasionally arrive with produce.

"It does happen from time to time," she told CBC.

"We get a bit of a stowaway with a shipment. Most often we notice that before it's put on the shelf."

Coulson recommended customers check produce bought at any grocery store as if they were inspecting fruit and vegetables from the garden, CBC News reported.

After finding out that all known scorpion species produce poisonous venom, Smith said she's still in disbelief about finding the insect.

Smith said she put the creature in a Ziploc bag, adding with a laugh, "just in case it rose from the dead or something — the second coming of the scorpion."

Christy Smith of Victoria got the scare of her life when she found a scorpion hiding in a bunch of organic bananas she bought at Thrifty Foods. COURTESY CHRISTY SMITH

In the meantime, Smith said she is considering switching to non-organic fruit in the future.

"I might need a little break from the organic section of the produce aisle until the post-traumatic scorpion stress eases a little," she said.

IN BRIEF

TransLink outlines refund plan after shutdown

Commuters caught up in the disruptive SkyTrain shutdown on May 22 are now able to get reimbursed.

Following up on the promise made by interim CEO Doug Allen on that day, TransLink announced Tuesday how transit users can get their money back for the delay.

Proof of purchase is required in the form of a May 2015 monthly fare card, a FareSaver ticket or DayPass validated on May 22 in order for customers to get a replacement DayPass or FareSaver of equal value.

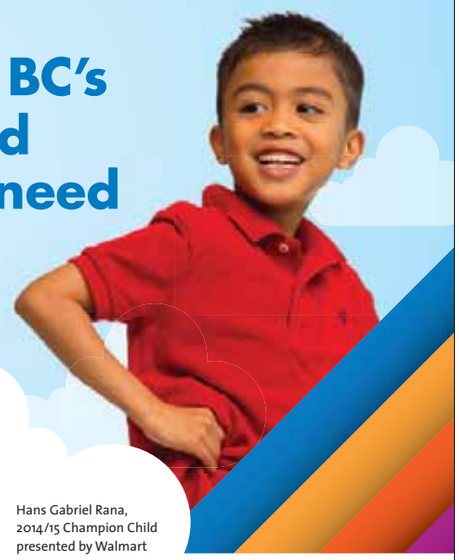
Monthly pass holders will receive two FareSavers for future use.

Those eligible will have to submit their proof of purchase, and filled out request form in person at the SkyTrain customer service centre at the Stadium-Chinatown station, by mail or drop-off at TransLink's head offices in New Westminster.

Visit www.translink.ca for more information.

MATT KIELTYKA/METRO

Supporting BC's children and families in need



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Individuals interested and having the skills described are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than June 7, 2015.

PLEASE QUOTE: "DIGITAL SALES SPECIALIST — Vancouver" in the Subject Line. All submissions will be treated as confidential.

metro

Bridge may close entirely for makeover

CONSTRUCTION

City asks what commuters want schedule to look like

Emily Jackson
Metro | Vancouver

Crossing the Burrard Bridge will be a dream whether you're on foot, bike or car once its $30-million makeover is complete, according to city planners, but it sounds like construction will cause commuting calamities.

In its bid to consult residents about the project, the City of Vancouver released an online survey that appears to measure how outraged commuters of all stripes will be if the city completely closes the major route into downtown during the 14-to 18-month construction period slated for 2016 and 2017.

It asks if people would support closing more lanes or restricting all bridge traffic for "substantial periods" if it would result in a shorter construction period. It also asks whether residents would support work on evenings, Sundays or overnight if it could hasten the work.

The questions in the survey on TalkVancouver.com had multiple-choice answers, which ranged from "definitely" to "definitely not."

During prolonged construction to replace the bridge's bearings and reconfigure the southern end in 2013 and 2014, it remained opened to cyclists and pedestrians but at times was down to one vehicle lane in each direction. Buses had to be re-routed for a spell because the city used new bolts that popped bus tires.

The city's survey on the Burrard Bridge construction schedule is available at TalkVancouver.com. EMILY JACKSON/METRO

BUSINESS

Canuck biz slow with tech: Google honcho

An American transplant leading Google Canada says Canadian businesses are moving "bad slow" in adopting digital technology.

Managing director Sam Sebastian says only half of small and medium businesses in Canada have their own website, while fewer than one in three use cloud computing.

"Does not compute. I don't get that. We have to fix that," he said Tuesday in a keynote speech to the Vancouver Board of Trade.

Sebastian, who spent eight years with Google in Chicago, told the group there's resistance to change north of the border.

He urged Canadians to embrace virtual office infrastructure that has diminished substantially in cost over the last two decades to about $5,000 for a startup from $5 million on average.

Digital leaders outperform their competitors in every industry, he said.

"They have higher revenues, productivity, better market valuations. They just do better," he said. "Canadian businesses need to be embracing these tools."

He noted a divide between Canadians using the Internet for their own interests versus for business, giving the example of how the general public employs YouTube, which Google owns.

Every month, Canadians upload more content to the online video-sharing portal than all of the country's major national television networks and broadcasters did over the last 10 years combined.

Canadians are the third-largest exporter of content on YouTube in the world, he said. Some 90 per cent of views of Canadian content are coming from outside our borders.

"But this is something that Canadian businesses are only barely beginning to take advantage of."

Despite the snail's pace Sebastian has encountered in the year he's lived in Canada, he's observed strong relationships, empathy, openness and tolerance for new ideas, he said.

"That is the hard part. The technology just makes all this go a lot faster and a lot smoother.

"In many ways I think Canada is the fastest team on the ice. We've just got to harness those skills."

THE CANADIAN PRESS

INVESTIGATION

B.C. Mountie named in harassment lawsuit now under suspension by force

An RCMP officer who has been the public face of the force in British Columbia for several years has been suspended with pay.

Long-time media relations officer Insp. Tim Shields was taken off the job May 19.

RCMP Sgt. Rob Vermeulen said in an email that because there is an ongoing code of conduct investigation into claims made against Shields, no more information will be released.

Shields is named in a B.C. Supreme Court lawsuit that alleges he subjected a civilian employee to harassment and sexual harassment.

The officer denied in a statement of defence that he made any sexual advances towards the woman.

In 2008, Shields was placed in charge of the RCMP's communication section and was the chief media relations officer speaking on behalf of 9,000 officers in the province.

THE CANADIAN PRESS

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B.C. man has a photo for newlyweds

MARRIAGE

Photographer took 'perfect' picture of couple in U.K.

Thandi Fletcher
Metro | Vancouver

A North Vancouver man who captured on film a moment of marital bliss between newlyweds is trying to find the unsuspecting couple to give them the photo.

Saber Miresmailli was on vacation in London when he came across the newlywed couple locked in a kiss among a crowd of tourists with cameras in front of Tower Bridge on May 16.

"I was in a car and among traffic, and I noticed this couple," he told Metro. "I didn't notice any particular photographer working with them. They were just in their own moment."

Miresmailli, who describes himself as an amateur photographer, snapped a photo but said he didn't realize how "perfect" it was until he returned home from his trip.

"It was just pure luck," he said. "They were very natural, and I thought this is probably one of my best pictures and the couple deserves to have it."

He decided to post the image on Facebook, tagging a few friends who live in the U.K. with the hopes of finding the couple. Within a day, the photo was shared more than 240,000 times and is making international headlines.

"I couldn't believe it," he said. "It's crazy, but it also shows you the power of social media."

Despite the photo receiving so much attention online, Miresmailli said he has yet to receive tips about the couple's identity.

Some critics have accused Miresmailli of staging the photo, but he said that's simply not the case.

"I'm not pulling any scam or anything," he said. "I just hope I can find the couple."

On Tuesday, U.K. tabloid newspaper the Daily Express claimed to have tracked down the mystery couple.

The newspaper said it had spoken directly with a woman who claimed to have attended the wedding, and said the bride and groom, Laura and James, are on honeymoon in Bali and unaware of their newfound fame.

Miresmailli said he had yet to hear from anyone confirming the newspaper's claims but hopes that the report is true.

"I just hope I can find the couple," he said.

> **They were very natural, and I thought this is probably one of my best pictures and the couple deserves to have it.**
> Photographer Saber Miresmailli

A self-described amateur photographer from Vancouver is searching for the newlywed couple he captured on camera sharing a moment of post-marital bliss in front of Tower Bridge in London, U.K. COURTESY SABER MIRESMAILLI

APPLICATION

Survey vital for city planning: Health officer

Vancouver Coastal Health (VCH) says the information released in the My Health My Community Survey on Tuesday can help shape healthier communities.

The authority's chief medical health officer, Dr. Patricia Daly, says health indicators like commute mode, smoking rates, proximity to transit stops and sidewalk infrastructure is vital for municipal planning.

"That's one of the things we've been doing, and are provincially mandated to do, is looking at the numbers with municipal governments to address ways they can deal with chronic diseases," said Daly on Tuesday, after VCH and Fraser Health released findings from the largest community-health survey ever conducted in B.C.

For example, Daly says smoking remains the No. 1 preventable cause of illness and death in the region.

While public awareness campaigns are helpful, stiff municipal bylaws have lowered the percentage of smokers in Vancouver to just 12.1 in recent years.

Despite the success in reducing the number of smokers, Daly said Vancouver has an uncharacteristically high second-hand smoke exposure rate of 32 per cent.

All survey results can be viewed at myhealthmycommunity.org.

MATT KIELTYKA/METRO

BY THE NUMBERS

METRO VANCOUVER'S HEALTH CHECKUP

MATT KIELTYKA/METRO

22%

The percentage of the region's residents who get enough exercise (150 minutes of weekly physical activity).

44%

OBESITY IN METRO VANCOUVER

VCH says binge drinking is becoming an increasing concern as fewer people smoke. Just 12.1 per cent of Vancouverites smoke, but 25.7 per cent have gone binge drinking at least once a month.

25.7%

The percentage of the region's residents who spend at least two hours a day looking at a screen.

48%

SELF-RATED HEALTH

49%

The percentage of residents who say they have "excellent or very good" overall health.

16%

The percentage who rate their health as "fair or poor."

COMMUTE MODE IN METRO VANCOUVER

Vancouver Coastal Health's chief medical officer said this is a key stat for communities looking to improve their health outcomes. Denser, urban areas have much higher uptake of active transportation. For example, 25.7 per cent of people in the City of Vancouver already commute daily by walking or cycling.

CARS 55%

TRANSIT 28%

WALK/CYCLE 14%

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‘Urgent’ need for reconciliation

COMMISSION

Government pursued policy of ‘cultural genocide’

The residential schools that removed aboriginal children from their homes, subjecting many of them to substandard education, malnutrition, abuse, illness and even death, were a key part of a government-led policy that amounted to cultural genocide, the Truth and Reconciliation Commission concludes.

“These measures were part of a coherent policy to eliminate Aboriginal people as distinct peoples and to assimilate them into the Canadian mainstream against their will,” says the 381-page summary of its final report released Tuesday in Ottawa.

“The Canadian government pursued this policy of cultural genocide because it wished to divest itself of its legal and financial obligations to Aboriginal people and gain control over their land and resources,” says the report.

The heart-wrenching and damning report is the culmination of a six-year examination of the history and legacy of residential schools — largely operated by churches and funded by the Canadian government — that saw 150,000 First Nations, Métis and Inuit children come through their doors for more than a century. The exercise has been “a difficult, inspiring and very painful journey for all of us,” said Justice Murray Sinclair, Canada’s first aboriginal justice and the commission’s chairman.

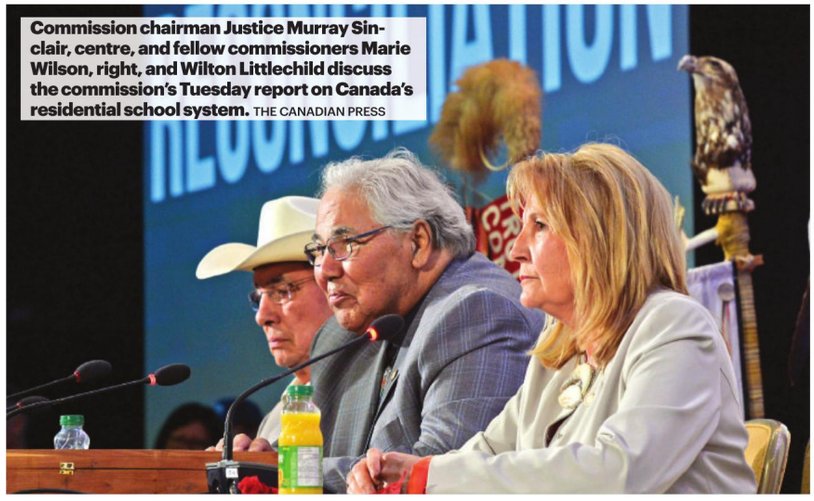
“The residential school experience is clearly one of the darkest most troubling chapters in our collective history,” Sinclair told a packed news conference Tuesday in Ottawa.

Through the testimony of residential school survivors, former staff, church and government officials and archival documents, the Truth and Reconciliation Commission pieced together a horrifying history that, despite its ripple effects, has been repeatedly dismissed or ignored.

It also describes how the legacy of residential schools continues, not only through the direct effect that generations of institutionalization and abuse has had on survivors and their families, but how it is manifested in racism, systemic discrimination and poverty, as well as dying indigenous languages.

“The urgent need for reconciliation runs deep in Canada,” says the report.

TORSTAR NEWS SERVICE



Commission chairman Justice Murray Sinclair, centre, and fellow commissioners Marie Wilson, right, and Wilton Littlechild discuss the commission’s Tuesday report on Canada’s residential school system. THE CANADIAN PRESS

150K

The number of children estimated to have gone through the residential school system.

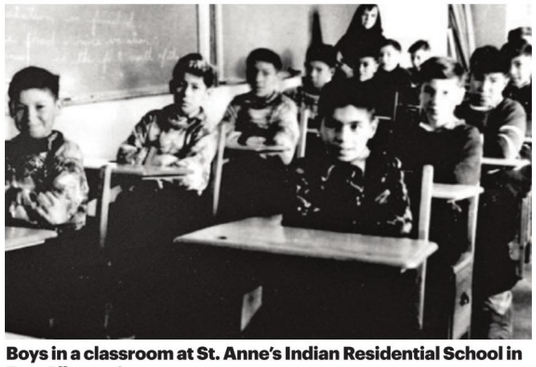
80,000

Estimated number of living residential school survivors.

3,200

The number of cases in the National Residential School Student Death Register, although the number of deaths is believed to be in excess of 6,000.

NUMBERS SOURCE: THE CANADIAN PRESS



Boys in a classroom at St. Anne’s Indian Residential School in Fort Albany, Ont. CONTRIBUTED/ALGOMA UNIVERSITY

3 HIGHLIGHTS OF THE COMMISSION’S REPORT

The Truth and Reconciliation Commission put forward 94 recommendations to address the continuing legacy of the residential school system, improve the plight of Aboriginal Peoples and restore relations between them and other Canadians. Here are a few highlights. **TORSTAR NEWS SERVICE**

1 CHILD WELFARE

Governments should work to reduce the number of aboriginal children in care as well as set national standards. They should also fully implement Jordan’s Principle to help resolve jurisdictional disputes. This would mean that for services that are only available off-reserve, any government department first contacted would pay for it first and seek reimbursement from the responsible department later.

2 EDUCATION

Repeal Section 43 of the Criminal Code, which allows corporal punishment, even by schoolteachers, implement new federal legislation on aboriginal education and eliminate discrepancy in federal funding.

3 JUSTICE

The federal government should work with aboriginal organizations to call a public inquiry into missing and murdered indigenous women, and work to eliminate the overrepresentation of aboriginal people in custody.

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Parizeau moved Quebec nationalists to the right

OBITUARY

Premier's post-referendum remarks alienated many

The late former Quebec premier Jacques Parizeau's comments about "money and the ethnic vote" the night the Yes side lost the 1995 referendum never stopped haunting him and the Parti Québécois.

"It's true that we were beaten, but fundamentally by what?" Parizeau asked the large and boisterous crowd the night of Oct. 30, 1995. "By money and the ethnic vote, essentially," he said, throwing his hands up and shaking his head.

The sovereigntist movement changed that night — at least symbolically — said Francine Pelletier, a columnist with Montreal Le Devoir and independent filmmaker behind a 2003 documentary on Parizeau called "Public Enemy Number One."

Parizeau's words "spurred the old sleeping dogs on the right," she said, and were a harbinger of how the PQ and the independence movement would shift course from their progressive roots and towards promoting a project centred on identity and nationalism.

He refused to comment on his infamous speech when Pelletier interviewed him in 2003, but Parizeau finally weighed in during a radio interview in 2013 where he explained the remark was referring to community organizations.

"The common front of the Italian, Greek and Jewish congresses was politically active in an extraordinary way in the No camp and had formidable success," Parizeau told Montreal radio station 98.5 FM.

Social media networks were filled with comments Tuesday praising the former PQ leader, but also with messages of scorn for the "racist" man who came unnervingly close to breaking up the country.

Michael Behiels, a political science professor at the University of Ottawa, said the traditional nationalists in the PQ ranks used Parizeau's comments to help justify turning the party more to the right.

But Behiels said Parizeau's words likely came from a place of frustration and anger at losing a referendum — and a life's work — by such a close margin of several thousand votes.

"I think he thought that night there would never be another opportunity in his lifetime (to separate) and events have proven him right," he said.

THE CANADIAN PRESS

Former Quebec premier Jacques Parizeau died on Monday night. He was 84. THE CANADIAN PRESS

> **It's true that we were beaten, but fundamentally by what? By money and the ethnic vote, essentially.**
>
> Jacques Parizeau, Oct. 30, 1995, on referendum

PARLIAMENT SHOOTING

Video not released

A video showing Michael Zehaf Bibeau's first moments inside the Centre Block is being kept secret even as reports are to be made public Wednesday detailing the security response on the day of Parliament Hill shooting.

Cameras near the front door of the Centre Block captured Zehaf Bibeau wrestling with a House of Commons security guard and shooting at other guards before sprinting down the Hall of Honour, according to two sources with knowledge of the video.

There are no cameras in the hall itself, which runs between the Conservative and NDP caucus rooms.

Zehaf Bibeau was killed in a shootout with security forces at the end of the hall.

The Ontario Provincial Police had access to the video as part of its multi-pronged investigation into the actions of security forces on the day of the shooting.

Heather Bradley, a spokeswoman for House of Commons Speaker Andrew Scheer, says the video won't be made public for security reasons.

THE CANADIAN PRESS

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- **Brent Toderian** – President, TODERIAN UrbanWORKS and former Chief Planner at the City of Vancouver
- **Tsur Somerville** – Director at the UBC Centre for Urban Economics and Real Estate

EVENT DETAILS

Date: **Wednesday, June 10, 2015**

Time: **6:30pm - 7:00pm** - Sign In
7:00pm - 7:10pm - BC Housing Introduction
7:10pm - 9:30pm - Panel Discussion

Place: **Executive Plaza Hotel**, Coquitlam
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Highlights from the panel discussion will be posted online at **www.renewingriverview.com.**

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FIFA president's 17-year rule tainted by scandal

SOCCER

Sepp Blatter could be a target of U.S. investigators

The end for Sepp Blatter came suddenly, just days after he had seemingly solidified his hold on FIFA.

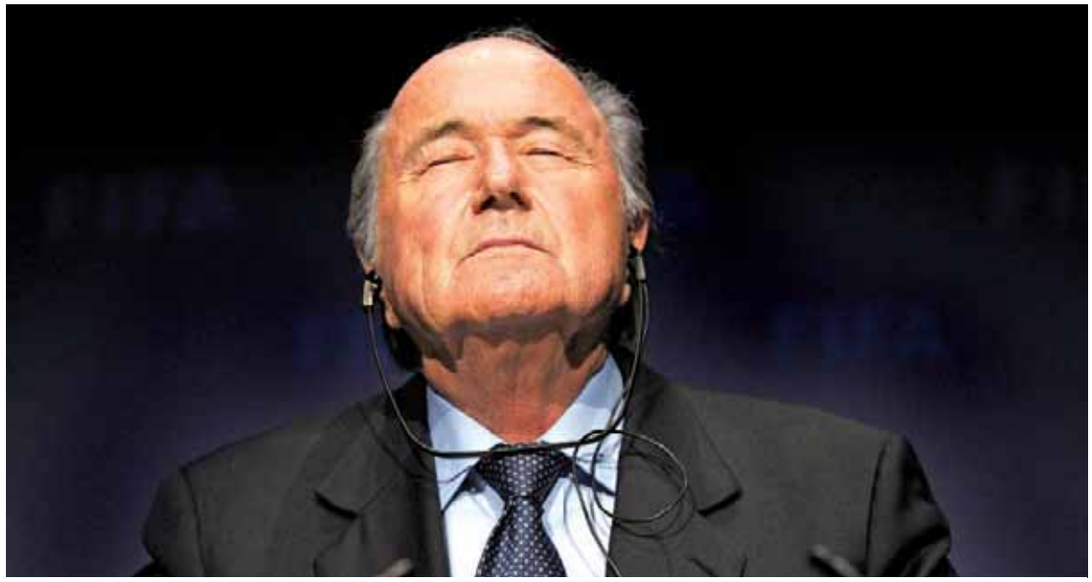
The 79-year-old leader of the world's most popular sport defied global animosity last week to win four more years in office. But his re-election only increased the pressure from colleagues, sponsors, athletes and fans for Blatter to step down as FIFA's president.

At a hastily arranged news conference Tuesday, Blatter announced he would leave office within months and called for a fresh election to appoint a successor.

"I cherish FIFA more than anything and I want to do only what is best for FIFA and for football," said Blatter, who could still be a target of U.S. investigators delving into decades of corruption and bribery accusations against FIFA officials.

BACKGROUND

The U.S. Department of Justice indicted 14 men last Wednesday. The Swiss attorney general said Blatter was not under investigation in Switzerland, but authorities said last week they have opened a criminal probe into the 2018 and 2022 World Cup bidding votes.



In this Friday, Nov. 19, 2010, file photo FIFA President Sepp Blatter pauses during a press conference following a meeting of the executive committee in Zurich, Switzerland. Blatter will resign from soccer's governing body amid a widening corruption scandal and promised Tuesday to call for fresh elections to choose a successor. STEFFEN SCHMIDT/KEYSTONE VIA THE ASSOCIATED PRESS FILE

After generations under Blatter and his mentor, Joao Havelange, the announcement left FIFA without a leader and without a clear course forward. It sets off a global power struggle for control of the organization as a criminal investigation intensifies.

A strained and serious Blatter read a six-minute statement in French before exiting without taking questions.

Blatter had been defiant and feisty in the same room on Saturday, fending off questions about FIFA's battered reputation and the chance he could be arrested.

His mood had changed in the 24 hours before his announcement, Blatter aide Walter Gagg told The Associated Press.

> **It was a difficult decision, a brave decision, and the right decision.**
> Michel Platini, president of European body UEFA

A federal indictment last week detailed apparent bribes from a FIFA account totalling $10 million to senior officials for voting South Africa as the 2010 World Cup host. Late Monday, reports laid a clearer trail of complicity to the door of FIFA headquarters, if not Blatter himself.

"We know that in the last 48 hours he was thinking of the future and perhaps what happened in the last hours, this gave him the conviction," Gagg, a long-time confidant of Blatter, told the AP in a telephone interview.

"We had lunch with him yesterday (Monday). He was relaxed he was fine," Gagg said. "I had a very good meeting with him early in the morning (today). Then came the different information from the U.S. with this and that."

The South African angle threatens to tarnish memories of a bid campaign that brought Nelson Mandela to Zurich for the winning vote in 2004.

At risk also is the legacy of a World Cup that was an organizational triumph for FIFA and South Africa, and bolstered Blatter's reputation as a friend of Africa whose loyalty stood firm in Friday's election.

Even before the election, Blatter's ability to travel to the U.S., or other countries where the Swiss national risked arrest and extradition, had become a distracting story.

THE ASSOCIATED PRESS

CHINA

Hundreds missing from ship

As the Eastern Star cruise ship listed heavily amid pounding rain on the Yangtze River, tour guide Zhang Hui told a colleague, "Looks like we are in trouble."

The vessel capsized in the storm Monday night with 458 people aboard, touching off a frantic rescue effort. At least 15 people were brought to safety, including three pulled from the overturned hull Tuesday, and five people were confirmed dead, the official Xinhua News Agency reported.

The vessel was carrying mostly elderly tourists from Nanjing to the southwestern city of Chongqing when it overturned in China's Hubei Province.

Divers rescued a 65-year-old woman and, later, two men who had been trapped, state broadcaster CCTV reported. It said more people had been found and were being rescued, but did not say whether they were still inside the overturned hull.

CCTV video showed rescuers in orange life vests climbing on the hull, with one of them lying down tapping a hammer and listening for a response, then gesturing downward.

"We will do everything we can to rescue everyone trapped in there, no matter they're still alive or not, and we will treat them as our own families," Hubei military region commander Chen Shoumin said at a news conference shown live on CCTV.

The survivors included the ship's captain and chief engineer, both of whom were taken into police custody, CCTV said. Relatives who gathered in Shanghai, where many of the tourists started their journey by bus, questioned whether the captain did enough to ensure the passengers' safety and demanded answers from local officials in unruly scenes that drew a heavy police response.

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Farmers to cut water use

DROUGHT

Plans made to avoid water-sucking crops in California

Dozens of California farmers aiming to meet voluntary water conservation targets submitted plans to the state saying they intend to plant less thirsty crops and leave some fields unplanted amid the relentless drought.

Farmers in the Sacramento-San Joaquin River Delta devised the plans filed Monday as part of a deal last month that would spare them deeper mandatory cuts in the future.

Under the agreement, they must turn in plans for using 25 per cent less water, fallowing 25 per cent of their land or other strategies to achieve the necessary water savings. Officials hope the deal can become a model for other farmers around the state.

California cities and businesses also have been ordered to reduce water use by 25 per cent. The state Water Resources Control Board on Tuesday is expected to release its report for how communities met the goal in April. That was the month Gov. Jerry Brown ordered sweeping conservation measures, including mandatory urban water reductions, following the worst snowpack measurement in recent years in the Sierra Nevada.

Gino Celli inspects wheat on his farm near Stockton, Calif., in May. Farmers submitted plans Monday saying they aim to plant less thirsty crops. RICH PEDRONCELLI/THE ASSOCIATED PRESS FILE

> **These are ... plans that will result in some significant conservation.**
> Michael George, watermaster

California depends on that snow to melt its way into rivers and reservoirs and meet nearly a third of the state's water demand.

Regulations stemming from Brown's order require communities to cut water use by as much as 36 per cent compared with 2013, the year before the governor declared a drought emergency. The rules took effect this week.

The shift to mandatory conservation followed lacklustre voluntary savings, with water use slipping just 3 per cent in February and 4 per cent in March. Overall savings have been only about 9 per cent since last summer, falling well short of Brown's 20 per cent goal.

At least 120 farmers in the delta east of San Francisco have filed plans, said Michael George, Delta watermaster for the water resources board.

"These are serious, well-conceived plans that will result in some significant conservation," said George, who is tasked with calculating how much water the changes will save.

California grows nearly half of the fruits, nuts and vegetables consumed in the U.S. However, agriculture experts say the drought has not had a significant impact on food prices because other regions are making up the difference.

THE ASSOCIATED PRESS

U.K.

Actor enters ISIL fight

A British actor who has had minor roles in Hollywood films has joined Kurdish fighters battling the Islamic State of Iraq and the Levant (ISIL) in Syria and appeared in an online video Tuesday.

Michael Enright, who played a deckhand in Pirates of the Caribbean: Dead Man's Chest, appeared in a video released by the Kurdish People's Protection Units, known as the YPG. The video showed him in a trench with other fighters firing an assault rifle. "(ISIL is) dangerous to every human being alive," Enright says in the video.

THE ASSOCIATED PRESS

Michael Enright on Monday. MOHAMMED HASSAN/ THE ASSOCIATED PRESS

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DRUG INDUSTRY

Safety still an issue with 'female Viagra'

The makers of a pill intended to boost sexual desire in women will try again this week to persuade regulators that the drug warrants approval, following two rejections.

But a new review released by the U. S. Food and Drug Administration shows government scientists still have concerns about whether the drug's benefits outweigh its risks. The FDA review highlights several safety issues with flibanserin, including low blood pressure and fainting spells. Those problems increased when patients combined the drug with alcohol and some other medications, according to the document.

A panel of FDA experts will discuss the drug Thursday, before voting on whether to recommend its approval.

For decades, drugmakers have tried unsuccessfully to develop a female equivalent to Viagra, the drug that treats men's erectile dysfunction by increasing blood flow.

But disorders of women's sexual desire have proven resistant to drugs that act on blood flow, hormones and other simple biological functions.

THE ASSOCIATED PRESS

ORIGIN

Drug repurposed

Flibanserin is the first drug to approach the issue through brain chemistry. Originally studied as an antidepressant, the pill was repurposed as a libido treatment after women in studies reported higher levels of sexual satisfaction. But the FDA has twice rejected the drug.

IN BRIEF

Walmart raising wages

Walmart is raising starting wages in the U.S. for more than 100,000 department managers and workers in its deli and other specialized departments. In February, it announced it was increasing minimum wages for entry-level and long-term hourly employees. THE ASSOCIATED PRESS

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NATURAL GAS: $2.698 US (+4.9¢)
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APPLE 'SMART' HOME GADGETS GO ON SALE Craig Federighi, Apple's senior vice-president of software engineering, introduces the Apple HomeKit app at last year's Apple Worldwide Developers Conference. The first "smart" home gadgets that can be controlled by Apple's voice-activated digital assistant are going on sale this week, just days after rival tech giant Google announced its own software for Internet-connected home appliances and other gadgets. HomeKit-certified products hitting the market Tuesday include wireless hubs from two companies, Insteon and Lutron Electronics. The hubs, about the size of a small home router or cable TV box, act as the central controller for lights and other gadgets. The hubs in turn can be managed with a smartphone app. THE ASSOCIATED PRESS FILE

Big Tobacco not yet off litigation hook

SMOKING

Quebec ruling boosts hopes for provinces' $120B lawsuits

A "devastating" court decision in Quebec against three major Canadian tobacco companies could provide a boost to provinces seeking to recoup health-care costs from tobacco companies.

All provinces have filed medical cost recovery lawsuits to go after so-called Big Tobacco for health-care costs stemming from smoking-related disease.

The provinces are seeking about $120 billion collectively and the favourable Quebec ruling will reverberate Canada-wide, said Rob Cunningham, a lawyer and senior policy analyst at the Canadian Cancer Society.

On Monday, a Quebec Superior Court Justice awarded more than $15 billion to Quebec smokers who had filed class-action lawsuits nearly 17 years ago.

Justice Brian Riordan's 276-page ruling dealt what Cunningham called "a massive, devastating victory against the tobacco industry." All three firms — Imperial Tobacco, Rothmans, Benson & Hedges and JTI-Macdonald — immediately announced their intention to appeal.

"It's the first time in court, in Canada, they've had to defend and be accountable for their actions over decades and the court found they were liable for $15.5 billion," said Cunningham.

The Quebec case was distinct from suits launched by the provinces, but many of the arguments in the cases overlap.

The Quebec action put a mountain of evidence at the provinces' disposal: Tens of thousands of pages of documents and testimony heard over more than two years of hearings are available to them.

No trial dates have been set in those provincial suits, which — unlike the Quebec case — aim to go after the foreign-based parent companies of the Canadian tobacco firms.

The provinces have been inspired by experiences in the United States, where successful state-sponsored recovery lawsuits saw awards of $245.5 billion US to be paid over 25 years as well as new restrictions on marketing.

THE CANADIAN PRESS

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THE BIG THING: DRIVERLESS CARS — REVOLUTION OR RISKY MOVE?

The driverless car may be only a few years away from a highway near you. But now two U.S. companies working with the University of Virginia and the Pentagon have shown that it may be easier than once thought to hack the vehicles' auto-piloting computer systems — a vulnerability with potentially deadly consequences.

AGENCE FRANCE-PRESSE

1 Bump on the road Security firm MSi says hackers could wirelessly disrupt a self-driving car's sensors, causing it to accelerate instead of brake, for example. Today's systems aren't designed to respond.

2 Ready to ride Last month Google announced testing of its self-driving cars on California roads. Mercedes-Benz and Apple are working on similar prototypes. You might be able to own one as early as 2020.

3 Preparing for the worst Manufacturers have tried to mitigate the risk of cyberattacks. Google, rumour has it, has an elite team of hackers looking for ways to mess with its cars' system.

Even without meat, the food future looks tasty

THE SCIENCE
Stephanie Orford

The costs of a meat-heavy diet are becoming apparent.

Beef prices are climbing. The average price of regular ground beef rose 41 per cent between April 2012 and April 2015, according to Statistics Canada. And Canadian meat prices are set to remain high for years to come, a Guelph, Ont.-based food industry analyst said Monday.

The problem is going to affect us all. The world population is projected to reach nine billion by 2050, and demand for meat is set to increase worldwide, especially in Asia. Animal products make up 20 per cent of the human diet on average worldwide.

But meat consumption is going to have to drop to five per cent of our diets if we're going to feed everyone — not rise, as the trends suggest will happen.

To lead the world by living within our environmental means, Canadians need to say goodbye to meat and hello to vegetable-based protein sources.

Beef is the biggest agricultural contributor to greenhouse gas emissions and environmental degradation. Raising beef generates six times more greenhouse gas per unit of protein than pork, chicken, or eggs.

Meat alternatives in stores and restaurants are becoming more popular, healthier and tastier, and they're much better for the environment.

Cultured meat, for instance, is estimated to produce 96 per cent less greenhouse gas and consume at least 82 per cent less water than livestock. And no more grazing means land can be freed up for growing more sustainable crops.

The first lab-grown burger, cultured from cow muscle cells, was produced in 2013 by a lab from Maastricht University in the Netherlands, funded by Google's co-founder Sergey Brin. In March a Tel Aviv University lab unveiled its project to grow chicken muscle tissue using a similar technique.

Lab meat isn't cheap — that first burger cost about $300,000 US — but the price has already dropped to about $12. It looks like it won't be available at your local burger joint for at least 20 years, however.

Meanwhile, other companies are finding ways of creating meat and egg alternatives that taste good and are relatively inexpensive to produce. And those are on the market now.

Californian food-tech company Hampton Creek created a replacement for egg using proteins from yellow peas and a variety of sorghum, which they use in their cookies and mayo. They're making sustainable alternatives to animal products at competitive prices.

Unlike the sawdust-like veggie burgers of decades past, these products are designed to be delicious. This is the future of our meatless diets, and it actually looks pretty tasty.

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

ROSEMARY WESTWOOD
metroview

Reconciliation calls on all of us to help heal our country

What can I do?

That's the question for all of us, now that the Truth and Reconciliation Commission has released its final, exhaustive and damning report.

It finds the government and churches committed cultural genocide through the residential school system, and the legacy has been devastating.

"We fed our experiences to our children," as one survivor described the ripple effect of the horrors.

Poverty, higher rates of incarceration, children in state care and violence against aboriginal women: The commission's report calls for specific efforts to end all of these.

It also calls on each of us to learn the truth about residential schools and accept our role in healing our country. It's clear we have work to do.

In 2013, 60 per cent of Canadians felt aboriginal people bring their problems on themselves, according to an Ipsos Reid survey.

It's time to ask: Whose history have we been fed? Whose prejudices do we still carry? What can we do to end institutionalized racism?

The indigenous and non-indigenous communities "have to support one another," Andrea Chrisjohn, of the Toronto Council Fire Native Cultural Centre, told me. "How do we come up with solutions instead of just saying 'It's not my problem'?

As commissioner Marie Wilson said, we can take the stories of abuse and loss into our hearts. We can use them as a new window through which to see our own history.

We can also educate ourselves. We can learn what treaty land or traditional territory we live on, suggested Michael Redhead Champagne, a Winnipeg activist and founder of Aboriginal Youth Opportunities.

"Do you know the history?" he asked, of place names like Dakota and Toronto, which have indigenous origins?

We can amplify the voices of local activists, he added, and write letters supporting them to elected officials or the media.

We can also call our local Aboriginal Friendship Centre — they are in many Canadian cities — and ask how we can help out, Chrisjohn said.

And I'll add: We can make aboriginal issues a part of our vote this fall.

The next government will play a key role in determining the success of this commission's work.

The report can gather dust on a shelf, or it can galvanize broad societal change. The first would perpetuate cultural superiority. The second would lead us closer to equality.

Vote for the one you think is right.

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Your essential daily news
Wednesday, June 3, 2015

6 SUPERFOODS THREATENING OUR PLANET

When it comes to eating right, there's more to chew over than how our bodies can benefit

MATT KWONG/FOR METRO LIFE@METRONEWS.CA

Superfoods might be the heroes of the healthy-minded cook, but a growing chorus of environmental advocates is sounding off about their potentially destructive ecological consequences.

The latest wonder ingredient turned villain? The almighty almond, which has drawn the ire of water conservationists for draining California's lands amid an ongoing drought.

Long championed for its antioxidant properties, cholesterol-lowering powers and high protein and vitamin E content, the humble almond is a deceptively high-maintenance crop, demanding about 3.8 litres of water (a gallon) per nut.

California almonds consume 4.06 trillion litres of water every year, making the state's almond industry more water-intensive than the indoor water usage of families in the Golden State.

Even so, almonds are far from the only nutrient-loaded snack with a dubious ecological footprint.

BLUEBERRIES

Claimed health benefits: Antioxidant-packed with vitamins K and C, potassium, and an excellent source of fibre, which helps lower risk of heart disease
Environmental impact: U.S. blueberries are listed among Environmental Working Group's produce items with high pesticide residue. Chemical spraying contaminates soil and can degrade soil quality
Where it grows: North America and South America. The U.S. is the world's largest producer
Popularity: The U.S. exported $145.7 million in fresh blueberries in 2012, up 17 per cent from 2011, according to the Agricultural Marketing Resource Center. Canada was the biggest customer

ALL PHOTOS ISTOCK

RED PALM OIL

Claimed health benefits: Rich in vitamin E, antioxidant properties, carotenes and palmolein, which has been promoted as a fat-burning micronutrient
Environmental impact: Mass deforestation of tropical forests in West Africa and Central America to make way for oil palm plantations has led to loss of habitats for endangered species
Where it's produced: Africa, South America and South Asia
Popularity: About 57 million tonnes of palm oil was consumed worldwide in 2013, according to the Roundtable on Sustainable Palm Oil

TOFU/SOY-BASED

Claimed health benefits: Good source of protein, lowers cholesterol
Environmental impact: High energy output from factories for treating, processing and forming soybeans into slabs of tofu
Where it's grown: Soybeans grown in China, U.S.
Popularity: Global soy production in 2012 was 270 million tonnes, up from 130 million tonnes in 1996

THE DIRTY DOZEN

Environmental Working Group's 2015 rankings of popular produce with the highest pesticide residue.

1 Apples
2 Peaches
3 Nectarines
4 Strawberries
5 Grapes
6 Celery
7 Spinach
8 Sweet bell peppers
9 Cucumbers
10 Cherry tomatoes
11 Snap peas, imported
12 Potatoes

SOURCE: EWG.ORG

GREEK YOGURT

Claimed health benefits: Low in fat, high in calcium and vitamin B12, packed with probiotics to aid digestion
Environmental impact: Greek yogurt owes its thick consistency to straining, but the process leaves an "acid whey" byproduct that is difficult to dispose of. Acid whey can pollute waterways and risks harming marine life
Where it's produced: Originally Central Asia and the Middle East, now mostly U.S.
Popularity: Commanded 49 per cent of the U.S. yogurt market in 2014, up from one per cent in 2007

COCONUT WATER

Claimed health benefits: Rich in potassium, boosts hydration, low in calories
Environmental impact: Transportation and burning of fossil fuels is the major contributor to coconut water's eco-footprint, as the liquid from young coconuts must be shipped from southeast Asia. Chemical fertilizers to meet growing demand also degrades soil
Where it's found: Primarily the Philippines, Indonesia, India
Popularity: Sales of top brands hit nearly $400 million in North America in 2013, up from about $150 million in 2011, according to Euromonitor

FARMED ATLANTIC SALMON

Claimed health benefits: High omega-3 content, fatty acids associated with lowering risk of heart disease
Environmental impact: Wild salmon stocks are unsustainable. Farm-raised salmon threaten oceans due to expulsion of waste from overcrowded pens as well as spread of sea lice. The farm-raised salmon industry also interrupts natural biodiversity
Where they're raised: In Canada, Atlantic and Pacific coasts
Popularity: Farmed salmon consumption tripled to more than 110 million kilograms a year in the U.S. in 2010, up from about 3 million kilograms a year in the 1980s according to the Atlantic Canada Fish Farmers Association

URBAN GARDENING

If you grow your own veggies...

City-grown vegetables are likely safe to eat, according to a new study, published in the Journal of Environmental Quality, that takes a look at the popular practice of urban gardening.

Nearly all the vegetables grown in the experiment had low contaminant levels.

While root crops could absorb enough lead to dip into the red zone of safety standards, this shouldn't keep urban gardeners from growing them, says Ganga Hettiarachchi of Kansas State University.

Cleaning is the first important step in ousting the toxins from your city-grown veggies.

"Thorough washing is definitely the key," says the agronomist.

"Soap isn't even really necessary if you wash all of the visible soil off with water in your kitchen. The main point is to make sure you're not eating soil."

AFP

THE CLEAN 15

Environmental Working Group's 2015 rankings of popular produce with the lowest pesticide residue.

1 Avocados
2 Sweet corn
3 Pineapples
4 Cabbage
5 Sweet peas, frozen
6 Onions
7 Asparagus
8 Mangos
9 Papayas
10 Kiwi
11 Eggplant
12 Grapefruit
13 Cantaloupe
14 Cauliflower
15 Sweet potatoes

WINE VS. BEER THE BEST BEVERAGE TO LEVERAGE YOUR ECO-FRIENDLY FOOD

One of the pleasures of eating well is enjoying wine or beer with a meal. But which drink is the more environmentally sustainable beverage?

We asked Tony Aspler, the Wine Guy, and he says wine comes out on top.

Producing beer is much more energy involved, says the wine expert.

"It demands a lot of heating. Wine is a much more natural phenomena," says Aspler. "Grapes are harvested and either fermented with natural yeast or inoculated yeast."

Aspler recommends buying from a local winery whose farming practices are sustainable.

"Look for organically made wines and wineries that are certified bio-dynamic, like Southbrook," Aspler says.

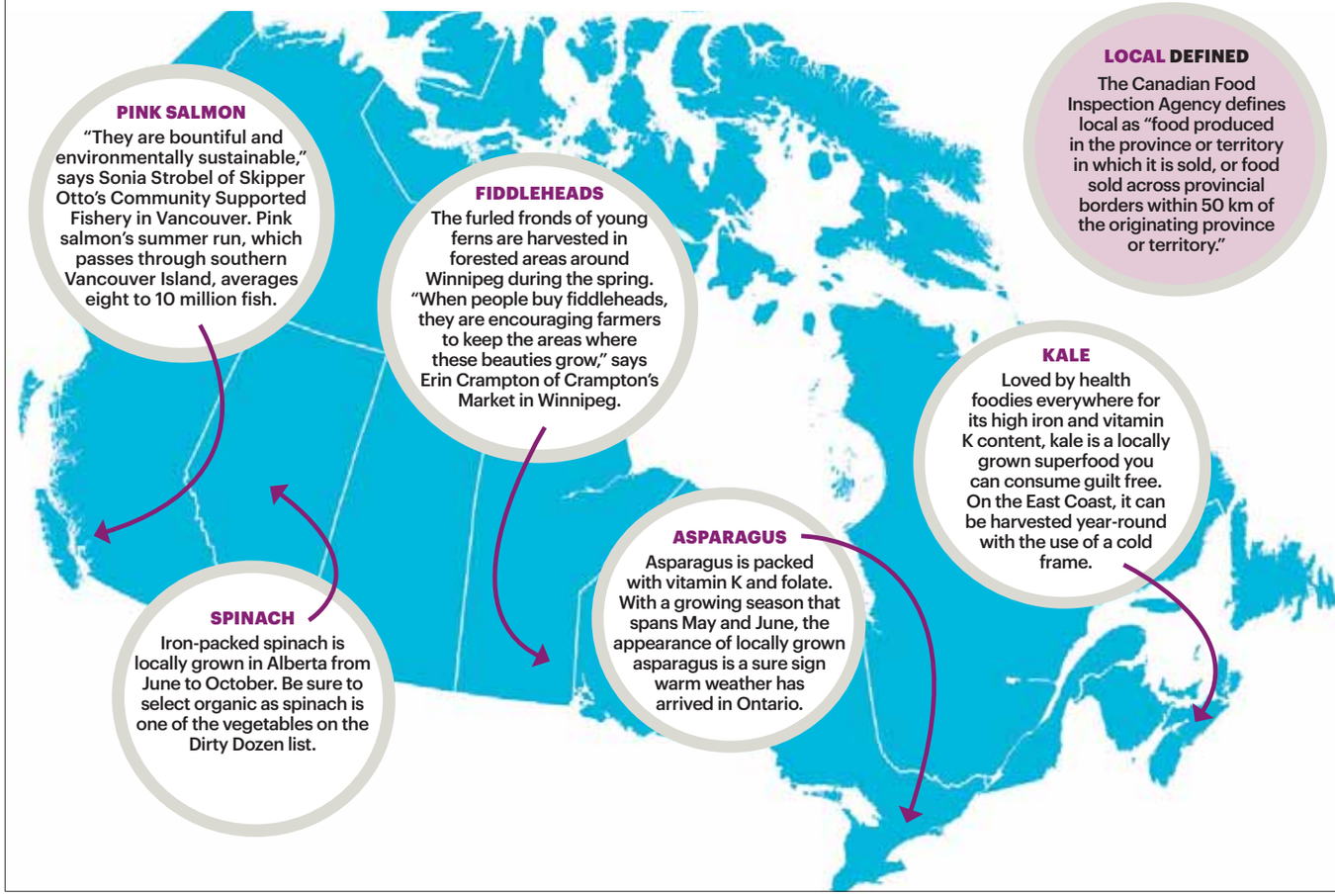
And if you're wondering what to look for when buying an environmentally friendly Canadian brew, Christopher Lowry of Ecotone Productions and the founding director of Brewers Plate Toronto, says, "The simple answer is, buy local first.

"Ontario craft brewers make some of the best beer in the world, and it doesn't have to travel far to get to you.

"Some craft brewers are also sourcing local organic ingredients. It turns out we grow amazing hops in Ontario." HENRIETTA WALMARK/METRO

EATING LOCAL AND IN-SEASON ONE EASY WAY TO LESSEN THE ECO-FOOTPRINT OF YOUR DIET

Locally produced food is fresher, which translates to higher nutrient levels, and eating in-season ensures variety in our diet. Eating local and in-season is also easier on the grocery bill. Here Metro offers a few suggestions for some of Canada's largest centres LIZ BROWN/METRO


PINK SALMON
"They are bountiful and environmentally sustainable," says Sonia Strobel of Skipper Otto's Community Supported Fishery in Vancouver. Pink salmon's summer run, which passes through southern Vancouver Island, averages eight to 10 million fish.
FIDDLEHEADS
The furled fronds of young ferns are harvested in forested areas around Winnipeg during the spring. "When people buy fiddleheads, they are encouraging farmers to keep the areas where these beauties grow," says Erin Crampton of Crampton's Market in Winnipeg.
LOCAL DEFINED
The Canadian Food Inspection Agency defines local as "food produced in the province or territory in which it is sold, or food sold across provincial borders within 50 km of the originating province or territory."
KALE
Loved by health foodies everywhere for its high iron and vitamin K content, kale is a locally grown superfood you can consume guilt free. On the East Coast, it can be harvested year-round with the use of a cold frame.
ASPARAGUS
Asparagus is packed with vitamin K and folate. With a growing season that spans May and June, the appearance of locally grown asparagus is a sure sign warm weather has arrived in Ontario.
SPINACH
Iron-packed spinach is locally grown in Alberta from June to October. Be sure to select organic as spinach is one of the vegetables on the Dirty Dozen list.

WATER CONSUMPTION

Guess how many showers you would have to give up for a burger

If you're a junk food aficionado, don't sit there too smugly thinking that this page is payback for all the times health food fans have lectured you about your lacklustre diet.

On top of polluting your body, your meals are equally ecologically damaging, especially when it comes to water consumption.

The burger, that sacred symbol of fast-food binging, is also a big water hog.

There are the beef cows that need watering, the thirsty tomatoes and lettuce, and all those wheat crops that need to be grown to make the buns that bookend the patty.

In fact, The Water Brothers, Alex and Tyler Mifflin, whose water conservation show airs on TVO and online at waterbrothers.ca, told Metro that one of the most powerful things diners can do for water resources around the world is cut down on their consumption of meat and dairy products.

According to Alex, meat and dairy production eats up about 30 per cent of global freshwater demand.

"We're not saying you have to become a vegetarian, but just replacing a couple of meat-based meals with vegetarian proteins can have a big impact on cutting down on water use and water pollution," says Alex. LIZ BROWN/METRO

It takes 2,400 litres of water to make one hamburger, according to The Water Brothers.

That includes the water needed to produce the beef patty, bun, tomato and lettuce for one burger.

To put it in perspective, 2,400 litres of water could supply you with two months of showers.

Hunt for Hannibal crosses the pond

SNEAK PEEK

Hugh Dancy dishes on Season 3 developments

Eva Kis
Metro | New York City

For a man who plays one of TV's darkest characters, Hugh Dancy laughs easily — though it's the nervous laughter common while watching his show, Hannibal.

The series about cannibalistic Dr. Lecter (played ostentatiously by Mads Mikkelsen) is back for its third season Thursday at 10 p.m. ET/PT on City.

Dancy's tenuously sane profiler Will Graham is recovering from being gutted physically — as Hannibal was emotionally — after betraying his secret to the FBI. Meanwhile, Hannibal is enjoying life as a professor in Italy with accomplice/hostage Bedelia Du Maurier (Gillian Anderson) posing as his wife. We caught up with Dancy about why Will just can't quit Hannibal.

Will is pursuing Hannibal, despite nearly being killed. Is he still with the FBI, or is this personal?

By the end of Season 2, Will has proven that he has no scrap of self-preservation whatsoever. Will is certainly cut off from the FBI, but more to the point, he's cut off from the people who would've been his allies — he doesn't trust them, and they don't necessarily trust him.

Hannibal loves Will, but how does Will feel?

The way I think about it is they've been alone in the world until they recognized something in the other that made them feel not alone, which is as good a description of love as you can have, I suppose.

One of the things that fans have really connected with are Will's dogs. Do you know how that character decision was made?

I don't know except that [series creator] Bryan Fuller is an animal lover and a dog lover in particular. That, to some extent, like most things originates in Red Dragon, the novel, and he took a smaller thing and elaborated on it.

I think also that it was basically about the only way of humanizing Will in the beginning because you have this guy who's socially awkward, borderline hostile and then, in his head, he's killing people all the time. If you had Will without the murder and also without the dogs, you'd just have a really antisocial guy you didn't want to spend much time with.

You had two scenes with Gillian Anderson in Season 2. Will you have more?

I have a few scenes with Gillian, mostly towards the second half, which should serve to tell you that she maintains her presence in the show after we go into the Red Dragon storyline.

Dinners on the show are gourmet affairs. Are you a fancy food guy?

Once in a blue moon, who doesn't like a big lavish dinner with white tablecloths? But on the whole, I prefer that medium: great cooking but a bit more informal, and good company.

I'm more of a wine guy than a food guy, though you can't have one without the other.

What's in your glass these days?

Right now I'm in Germany, so Riesling.

Hugh Dancy's character, Will Graham, pursues Dr. Lecter to Florence for Hannibal's third season. BROOKE PALMER/NBC

FALL SCHEDULE

City TV scores with fall lineup

The slasher series Scream Queens, The Muppets reboot and the comedy Life in Pieces are among the big TV titles heading to City.

The Rogers Media channel announced a fallschedule Tuesday featuring 11 returning series and 12 new shows.

Scream Queens is the latest horror-comedy to come from American Horror Story creator Ryan Murphy. The show anchors an all-new Tuesday night lineup with the John Stamos comedy Grandfathered and the Rob Lowe comedy The Grinder.

"We were concerned about Tuesdays and I now think we're going to win," said Colette Watson, vice-president of television and broadcast operations.

Sunday night also gets an overhaul with addition of the Fox comedy The Last Man on Earth and two comedies last seen on Global: Family Guy and Bob's Burgers.

Hockey Night in Canada returns Saturday nights. Returning series include the comedies Modern Family and Black-ish as well as the breakout hit drama Empire, which moves from OMNI and will air at 8 p.m. ET Wednesdays, an hour earlier than the Fox broadcast.

"It was unbelievably successful in the U.S. so they are so anxious to get season number two going," said Watson.

The CBC-TV classroom comedy Mr. D also joins the schedule while The Mindy Project, — recently dropped by Fox but picked up by Hulu — will run Thursdays.

Thursdays will also be home to Thursday Night NFL in a CBS simulcast until Oct. 29.

THE CANADIAN PRESS

Abigail Breslin stars in Scream Queens, premiering this September on City. STEVE DIETL/FOX

IN BRIEF

Rogers Media plans to tweak Hockey Night in Canada in off-season

As Hockey Night in Canada wraps its first season as a Rogers property, changes are already being planned for next. But none of them have to do with controversial rookie host George Stroumboulopoulos, said Rogers Media boss Scott Moore on Tuesday.

Some of HNIC's more outspoken viewers remain staunchly opposed to the new face of the Saturday night double-header, the result of Rogers' 12 years, $5.2-billion deal for NHL broadcast rights.

Moore says viewership is up overall on television — but barely, at two per cent.

"Hockey Night in Canada — was it up as much as we would like? No, but I think the boys in blue down the street might have had something to do with that," said Moore, citing the disappointing performance of the Toronto Maple Leafs.

He expects more interest next season with the arrival of new Leafs coach Mike Babcock and budding young star Connor McDavid joining the league, likely in Edmonton.

THE CANADIAN PRESS

Not everyone can look like Chris Hemsworth. A recent U.K. poll shows many men feel uncomfortable when the shirts come off. EVERETT COLLECTION/HANDOUT

Beach bod anxiety not just a girl thing

BODY IMAGE

Poll finds one third of men feel a pressure to look good

The furor over a recent ad campaign by weight loss supplement Protein World that asks: "Are you beach body ready?" highlighted just how polemic a topic body image is for women. But it turns out men can also feel self-conscious about stripping down to their bathing suits.

According to a poll by the market research app OnePulse, only eight per cent of men feel "very happy" with their bodies, while 11 per cent are unhappy with their physique and a further 11 percent claim they "hate" the way they look.

And while 22 per cent say they don't feel any pressure to have the perfect figure, almost one third of respondents (29 per cent) feel the pressure to look good thanks to women. It seems male pride has much less influence when it comes to looks, with only 16 per cent claiming to feel the heat from other men.

The news flies in the face of the recent "Dad Bod" phenomenon, which saw "everyday men" gain sex appeal in the eyes of the media and womankind for their "non-threatening" and "cuddly" physiques.

Yet despite feelings of dissatisfaction, some 20 per cent of men claim to lack the motivation to "work on their body." With summer around the corner, 33 per cent are willing to dig out their gym gear ahead of beach season, while 22 per cent have the impetus to take care of their physiques all year round.

The poll surveyed 400 males and 500 females aged between 16 and 65 from all around the U.K. AFP

STILL, WOMEN HAVE IT HARDER

The survey results were even more dramatic for the women polled, with just three per cent of female respondents describing themselves as "happy" with their bodies, and a huge 39 per cent admitting they would feel "unconfident" wearing a bikini.

KASA MOTO

Thinking outside the bento box

WORD OF MOUTH

Theresa Albert

myfriendinfood.com

If your favourite Japanese restaurant has bento boxes, that's delightful for a Wednesday lunch. However, contemporary Japanese cuisine has raised the bar. Kasa Moto opened its doors in Toronto's Yorkville this week and executive chef Michael Parubocki hopes some of his staff's exquisite attention to tradition while welcoming innovation will set the pace. Here's what's next:

• House-made soy sauce. The choices are no longer "salty" or "watered down salty." This artisan liquid takes up to six months of fermenting for each batch.

• Burdock root. This root vegetable hailing from Jerusalem is crisp and pungent. It is usually blanched and then pickled or otherwise dressed for use in salads or as a side dish.

• Salt-pickled sakura cherry blossoms. Don't look for this on every modern menu. Kasa Moto may be unique in its importing of this highly perishable, delicate flower petal that's pickled in plum vinegar and then dried. A truly unique taste worth the search.

Hamachi Ponzu in a new way to serve sashimi — delicate and textural. THERESA ALBERT

The traditional tastes and techniques remain. Attention to detail, the natural beauty of each food, dining as a social experience and polite efficient service will never go out of style.

THERESA IS AN ON-CAMERA FOOD AND HEALTH EXPERT, NUTRITIONIST AND WRITER WHO LOVES TO SPREAD THE WORD ON FOOD

EMBRACING WINE'S BLACK SHEEP

LIQUID ASSETS

Peter Rockwell

@therealwineguy

There are grapes that people just love to hate. As polarizing as some fruit can be, an interesting trend has emerged that has more open-minded wine lovers embracing these black sheep berries as if they're a badge of nonconformist cool.

California's signature grape, Zinfandel, has struggled to find an audience outside The Golden State thanks, in large part, to its pink version's reputation as a drop you drink when you know nothing about wine.

Zinfandels love a barbecue, with Cline Cellars' 2013 Lodi Zinfandel ($16.15 - $17.99) serving up soft, bright, wild berry fruit and a smooth, creamy finish that works just fine as a by-the-glass sipper and a partner for grilled red meat and poultry.

Prices reflect the range across the country. Some products may not be available in all provinces.

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metro DRIVE
Your essential daily news

The Lamborghini SUV will launch in 2018 and will be built in Italy

4Runner tackles rough stuff

ROAD TESTED

JIL McINTOSH/FOR METRO

REVIEW

Toyota SUV also behaves on highways, city streets

Jil McIntosh
For Metro

In the beginning, there were trucks. And from trucks we got utility vehicles, which could handle the rough-and-tough just as well, but carry more people.

Eventually they morphed into the sport utility vehicle, or SUV, most of which softened their tough edges to become more car-like. But there are still a few that can really tackle the rough stuff, including Toyota's 4Runner.

> **You'll need to be prepared for the fuel consumption**

It's still body-on-frame construction, and on this reviewer's Trail Edition tester, you get a part-time four-wheel-drive system that you engage with a lever and which is meant only for off-road, where it'll take the 4Runner through just about anything. If you prefer a four-wheel system that can also be used on dry roads, the Limited trim line uses full-time 4WD.

All 4Runner models contain a 4.0-litre V6 engine with a five-speed automatic transmission. It's a gutsy engine and a good fit, but this is a heavy vehicle and you'll need to be prepared for the fuel consumption. It's officially rated at 12.8 L/100 km in combined driving, but when this reviewer drove it in cold weather, she topped out at 17.2 L/100 km.

The default configuration is five-passenger seating, but the top-line Limited trim can be optioned to seven passengers. On my Trail Edition tester, the cargo area floor is covered with a handy tray that'll hold 200 kilograms and pulls out for easier loading. You can also hide valuables in the shallow cubby under the tray.

The power-operated rear window disappears completely into the liftgate so you can toss items in, and can be operated from the key fob, but the liftgate itself is heavy and it takes a serious tug to pull it closed.

Despite its considerable off-road ability, the 4Runner still behaves well on city streets, and it's quiet and well-mannered on the highway.

The cabin may look a little dated, but the big, simple controls let you adjust the climate or stereo with a minimum of distraction.

The 4Runner's probably far more than most people need, but for those who want both daily urban transportation and a serious off-roader for weekends, this could fit the bill.

THE CHECKLIST | 2015 TOYOTA 4RUNNER

THE BASICS

Type. 4-door, 5- or 7-passenger midsize 4WD SUV
Engine (hp). 4.0-litre V6 (270)
Transmission. Five-speed automatic
Price. Base $39,060; as-tested $45,575 (plus destination)

POINTS

- All 4Runner trims include a towing package, and can pull up to 2,268 kilograms.
- Terrain Edition includes crawl control, an off-road cruise control that can be set for 1.5 to 5 km/h.
- Downhill assist control will automatically slow the 4Runner on steep off-road inclines.

JIL McINTOSH/FOR METRO

COOL FEATURES

- Touch-screen audio with satellite radio.
- Standard rear-view camera.
- Power-operated liftgate window.
- Tire pressure monitoring system.
- 40/20/40 folding and reclining rear seats.

MARKET POSITION

The 4Runner plays in a small field. 4WD, body-on-frame SUVs aren't as fuel efficient as unibody models and are more capable than most people need. Toyota also used to offer the retro-styled FJ Cruiser, a competitor to the Jeep Wrangler.

THE COMPETITION

Jeep Cherokee
Base price: $24,495

Nissan Xterra
Base price: $34,013

Subaru Forester
Base price: $25,995

SELF-DRIVING VEHICLES

Disruptive era heralds fewer cars on roads

AUTO PILOT

Mike Goetz

Not too long ago the only time people used the word "disruptive" was to describe that kid in grade school who was adept at knocking the class off its educational stride.

Now every time we hear the word, it seems to be in reference to technology and innovation, and how "disruptive technology" is going to be, well, very disruptive to whatever is going on at the moment.

Digital technology and the Internet are the most obvious and largest "disrupters" of late, and they're just getting started.

Yet we're also heading into an era where we will see a huge disruption in how we use and own vehicles. A vehicle that can do its thing without a human driver, and without accidents, opens up so many possibilities and scenarios, it's hard to image how anything on the current automotive scene would remain unaffected.

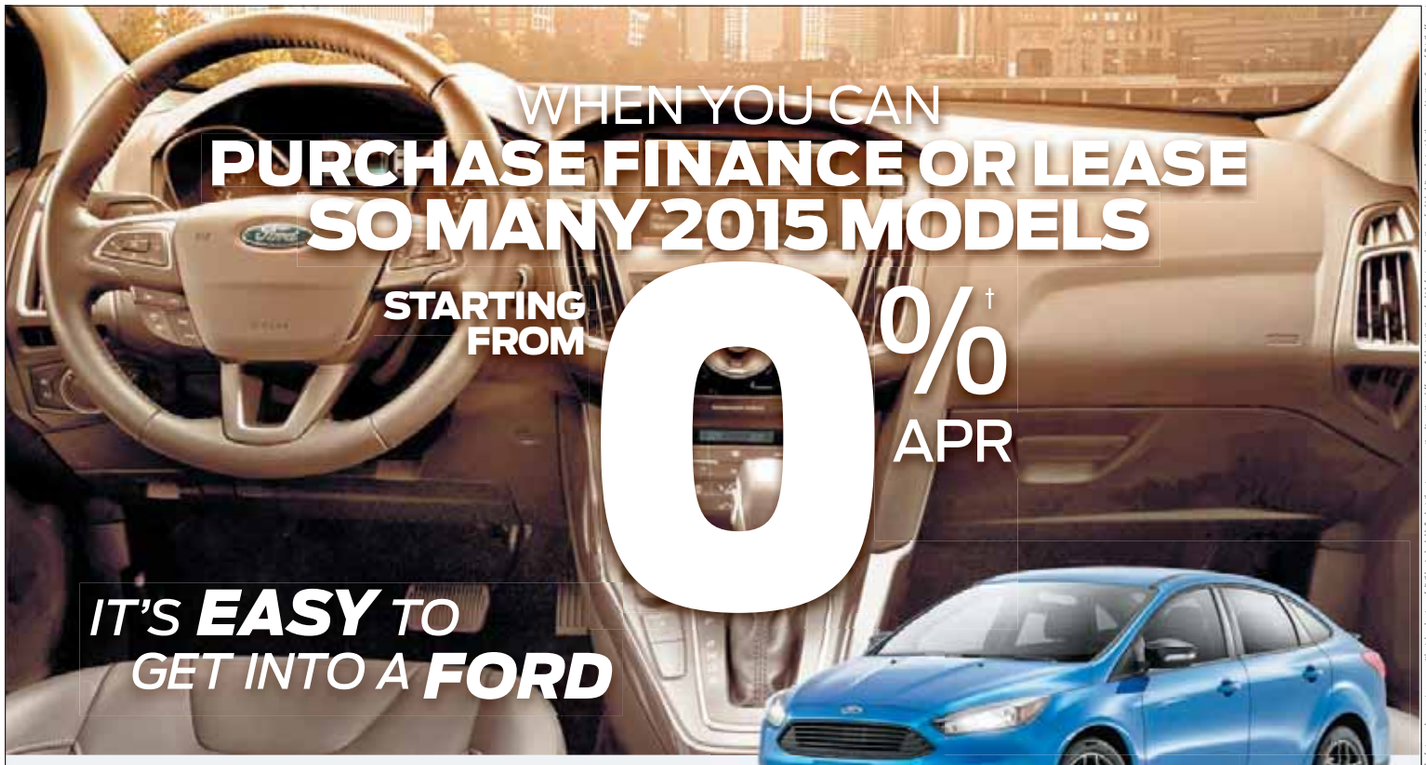
The entities that now design and build our vehicles will have the most adjusting to do, if they want to stay in the "mobility" game. We're already seeing Silicon Valley players, such as Google and Apple, becoming a factor in this industry, which previously revolved around places such as Detroit, Wolfsburg, and Toyota City.

Not only is their technological influence at stake, so is their manufacturing importance. In a driverless world, you just don't need as many vehicles. A recently released research paper from the English bank Barclays predicted driverless cars will reduce vehicle sales in the U.S. by 40 per cent over the next 25 years, and force domestic players, such as GM and Ford, to cut production here in North America by more than half. Ouch.

The paper also forecasted the main vehicle types that would populate this smaller vehicle pool:

- Traditional vehicles, with no (or limited) self-driving capabilities. These vehicles would primarily be trucks and vans used for work-related activities, but would also include performance and sporty vehicles that some people would want to "self" control, because they find that kind of thing fun.
- Family Autonomous Vehicles (FAVs) would be self-driving vehicles owned by individual families. This category would more or less replace the current luxury category, because it would have elements of status, comfort, and exclusivity.
- Shared Autonomous Vehicles (SAVs) would be one of the main ways people would get around. Think "robot taxi" service.
- Pooled Shared Autonomous Vehicles (PSAVs) would be similar to SAVs, except the "robot taxi" service would take multiple riders at the same time.

This low-cost transportation option would be a further incentive to forget about "owning" your own car.



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metro SPORTS

Cam Newton has reportedly agreed to a $103.8-million, five-year deal with Carolina

Wednesday, June 3, 2015

CSA head calls women's game 'a shining light'

WOMEN'S WORLD CUP

Soccer boss sees Canadian event restoring game's lustre

The head of Canadian soccer says the Women's World Cup may help restore the shine of world soccer despite the mushrooming FIFA scandal.

The turmoil in the sport's world governing body took another turn Tuesday as president Sepp Blatter, just four days after winning re-election, announced plans to step down.

Canadian Soccer Association president Victor Montagliani welcomed the news of Blatter's departure, saying change was needed in the FIFA boardroom because "I think we've lost our moral compass in the game."

"Hopefully this is the start of us giving it back."

Montagliani says the Women's World Cup will help that.

"The women's game in a lot of ways is a shining light that may part the clouds here," Montagliani told The Canadian Press on Tuesday. "Women's football is in such a pure state in terms of these girls really play for the jersey, really play for the love of the game. We're not talking big-money athletes. There's a purity to it."

Canada forward Adriana Leon clashes with England's Claire Rafferty during Friday's friendly at Tim Hortons Field in Hamilton. Canada opens up World Cup play this Saturday at Edmonton's Commonwealth Stadium. GEOFF ROBINS/AFP/GETTY IMAGES

But also a little mystery. A CSA spokeswoman, responding to a Canadian Press question about compensation for the Canadian women at the World Cup, said she could not divulge the information because of a confidentiality clause in the agreement between the team and Canada Soccer.

Montagliani did not vote for Blatter at Friday's FIFA Congress and he says he personally told the FIFA president why.

> **I think we've lost our moral compass in the game.**
> Canadian Soccer Association president Victor Montagliani

Blatter was surprised, Montagliani said.

The CSA president said he had not expected Blatter to fulfil his term but was surprised the end came so soon.

Asked how Blatter will be remembered, Montagliani said "probably, in the short-term, not very well." That cloud will overshadow the fact there was growth during his years as general secretary and then president.

Montagliani says he never saw any signs of shady business in FIFA. He cited cultural differences in doing business around the world, but "there's a difference between accepting differences and what's coming out (in the scandal)."

Montagliani was elected president of the CSA in 2012, one year after Blatter ran unopposed.

The native of Burnaby, B.C., was a CSA vice-president for three terms, and has been a member of its executive committee since 2005.

THE CANADIAN PRESS

CFL

Elimimian putting in overtime after foot surgery

On the surface, not much has changed with Solomon Elimimian.

The CFL's reigning most outstanding player started training camp in Kamloops in his familiar position in the B.C. Lions' linebacking corps, with the same formidable presence that helped make him such a dominant force on defence last season.

He still appears fast and powerful. It might be difficult to tell at first that Elimimian is coming back from off-season foot surgery the result of an injury he sustained at some point last year, though he wouldn't disclose exactly when the operation took place.

> **You have to go over and above.**
> Solomon Elimimian on "extra film work" and "staying in the weight room"

"The foot feels fine. It's getting better," said Elimimian. "I don't think anyone is 100 per cent, but I'm good enough where I'm competing, I'm not missing practices, I'm not missing anything and I'm going full speed."

Elimimian set a CFL record with 143 tackles, to go with five sacks, which matches his career best from 2010, and one interception. CAM TUCKER/METRO

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SOCCER

Klopas wants Montreal to rebound against Whitecaps after being burned by Fire

Frank Klopas is anxious to see how the Montreal Impact rebounds from last week's forgettable game against the Chicago Fire.

A 10-man Impact squad dropped a 3-0 road loss to Chicago on Saturday. On Wednesday night, Montreal hosts the Vancouver Whitecaps at Saputo Stadium in an all-Canadian MLS match.

"We have to rebound quickly," Klopas said before Tuesday's practice. "That's the message. You can stumble, but it's how you recover. That's the important thing."

Montreal (2-4-2) lost for the first time in three games Saturday. After Marco Donadel received a second yellow card at the 37-minute mark, Chicago ran rings around the Impact. Montreal also has several key players hurt. They include defenders Eric Miller (hamstring) and Hassoun Camara (knee), wingers Dominic Oduro (groin) and Justin Mapp (elbow), as well as forwards Kenny Cooper (knee) and Cameron Porter (knee).

Vancouver (7-5-2) has one of the league's best records. After starting the season with 13 points from their first six games, the Whitecaps have since cooled off a little, going 3-4-1 since April 11.

THE CANADIAN PRESS

Yzerman heaps praise on Captain Serious

STANLEY CUP FINAL

Lightning GM says Toews is a better player than he was

Steve Yzerman sees some of himself in Jonathan Toews but thinks the Chicago Blackhawks' captain is a better player than he was during his Hall of Fame career.

"The reality is Jonathan's bigger, stronger — better," the Tampa Bay Lightning general manager said. "I'm not sure I could even take him in a race, either, so he's probably faster.

"Just a better hockey player."

Toews goes into the Stanley Cup final against Yzerman's Lightning with his name on the trophy twice and close to matching the longtime Detroit Red Wings captain's mark of three titles. On Tuesday, the 2010 Conn Smythe Trophy winner, 2013 Selke Trophy winner and two-time Olympic gold medallist brushed off the effusive praise from Yzerman.

"Steve is a very complimentary person, and I don't think he'd say anything less than that," Toews said. "I just take that with a grain of salt.

"I think everyone here knows that's pretty much untrue, but it obviously means a lot to hear any sort of praise from a guy like that."

Yzerman was more than a point-a-game player in over 1,500 regular-season contests and had 185 playoff points in his career. He, too, was playoff MVP and the NHL's best defensive forward and also won the Ted Lindsay Award as the NHLPA's outstanding player.

Toews's numbers are just a tad off, but the argument has been made that he's right up there with Sidney Crosby as one of the world's best hockey players.

Yzerman knew that in 2007 as GM of Canada's team at the world championship when Toews played at the age of 19 out of the University of North Dakota. Toews had two goals and five assists as the Canadian squad won the gold medal.

In complimenting Toews, Yzerman pointed out that his own career evolution into a two-way centre came about when legendary coach Scotty Bowman pushed him and the Red Wings to be better defensively. Toews didn't need that urging.

"Jonathan's been that since Day 1, since he's come into the league," Yzerman said. "He's just a complete hockey player."

Toews is again a finalist for the Selke Trophy and a candidate to win another Conn Smythe if he leads the Blackhawks to their third Cup in six years. Even with all his accolades, Yzerman saying Toews is better than him reverberated on media day before Wednesday's Game 1 of the final.

Blackhawks star Patrick Kane considered it lofty but fair praise.

"Obviously Steve had a great career," Kane said.

"I think we all have a lot of respect for him and what's he done." THE CANADIAN PRESS

Blackhawks captain Jonathan Toews' career path has closely followed that of Steve Yzerman.
BRUCE BENNETT/GETTY IMAGES

Steve Yzerman
GETTY IMAGES FILE

TALE OF THE TAPE

Yzerman		Toews
1,514	GP	565
692	G	223
1,063	A	283
1,755	Pts	506
196	Playoff games	110
185	Playoff points	97
3	Stanley Cups	2
21	Age named captain	20

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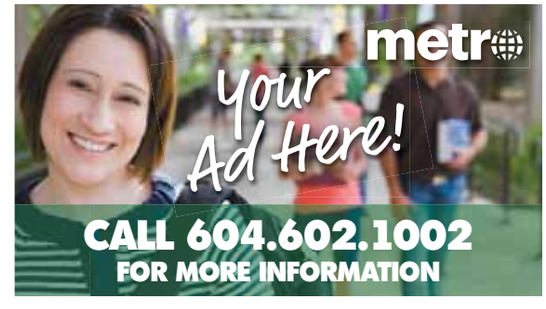


RECIPE Edamame Salad

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

The perfect protein-filled vegetarian salad.

Ready in
Prep time: 10 minutes
Cook time: 8 minutes

Ingredients
- 13 cups frozen edamame beans
- 1 cup canned corn kernels, drained
- ½ diced water chestnuts
- ½ cup diced red bell pepper
- ¼ cup chopped green onions
- ¼ cup chopped cilantro
- 2 Tbsp low-sodium soy sauce
- 1½ Tbsp rice vinegar
- 1 Tbsp sesame oil
- 2 tsp honey
- 1 tsp crushed garlic
- ½ tsp minced ginger
- 1 tsp toasted sesame seeds

Directions

1. Boil edamame beans just until bright green, approximately three minutes. Drain and rinse with cold water. Place in serving bowl.

2. In non-stick skillet sprayed with vegetable oil, sauté corn just until browned, approximately five minutes. Add to edamame along with water chestnuts, bell pepper, green onions and cilantro.

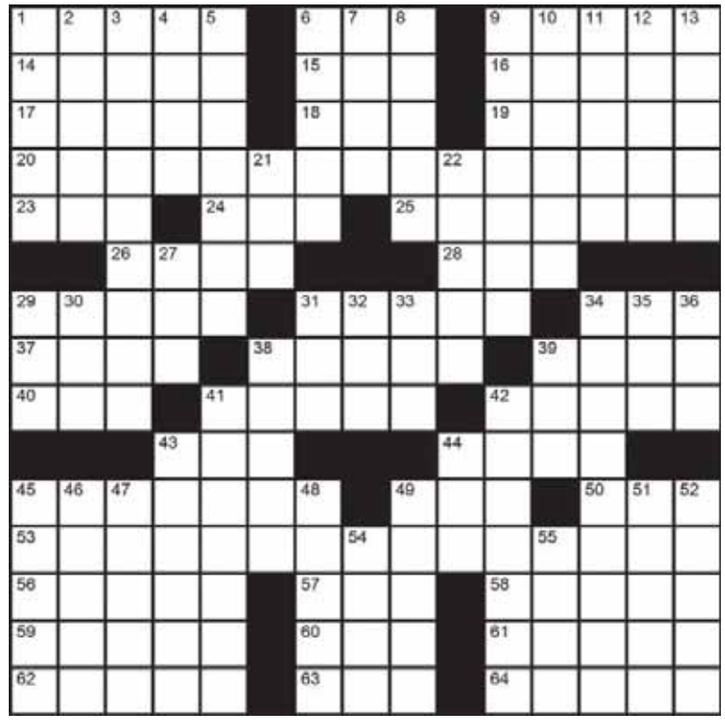
3. Mix soy sauce, rice vinegar, sesame oil, honey, garlic and ginger and pour over salad. Garnish with toasted sesame seeds.

Nutrition per serving
- Calories 257
- Carbohydrates 29 g
- Protein 17 g
- Fat 7.9 g
- Cholesterol 10 mg
- Sodium 398 mg
- Fibre 3.6 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Did some betting at the casino
6. Stephanie Mills song: "What __ Gonna Do with My Lovin'"
9. __ and pains
14. Make _ __ of
15. Faith, for short
16. Utah city
17. Architectural colonnades
18. 'Ranch' suffix
19. Evita musical surname
20. Neighbour of Cdn. territory the Yukon: 4 wds.
23. Henry James __ (British poet)
24. Twi'__ (Humanoid species in the 'Star Wars' universe)
25. Tornado
26. Bitty bug
28. Born, in Boucherville
29. Eyewear, colloquially
31. X-__
34. Faint
37. Waiter's prop
38. Strong
39. Gateway
40. Nevertheless
41. Baby bird sounds
42. Sunups
43. Pecan
44. "It's __ too long!"
45. Famed hotel in New York, Waldorf __
49. Mints brand, __ tac
50. Brain liquid [acronym]
53. 16th-century English explorer who searched for the Northwest†Passage in Canada: 2 wds.
56. Elongated circles
57. Road coat
58. Monk, in Montreal
59. Musical group of nine
60. Long list's ender
61. "This is __ __ sudden!"
62. "__ Anatomy"
63. "Go team!"
64. Green hue

DOWN
1. Fill with fuel: 2 wds.
2. Nervous
3. APTN cooking show, "__ & Marmalade"
4. Coup d'__
5. Removes pepper's table partner
6. False __ (Vancouver inlet)
7. Someone's saver
8. Upward
9. Submitted a CV
10. Wrinkle
11. "The Magnificent Seven" (1960) actor Mr. Buchholz
12. Call forth
13. Navigational aid-at-sea
21. Golfing prop
22. Bristled, like barley
27. Glacial
29. Pig pen
30. __-med student
31. "Sheila" by Tommy __
32. Swiss peak
33. Olde-style word
34. Canadian blues group, __ Blues Band
35. Particle
36. Bride's new title
38. __ stone (Cannot be changed): 2 wds.
39. Actor, Daniel __ Kim
41. Sticking to tradition sorts
42. The little point between the '2' and '5' of 2.5
43. Rachel __, Alberta's new Premier
44. Diner's shirt protector
45. In with
46. Relish an enjoyable experience or flavour [var. sp.]
47. Big name in air conditioners
48. Blue Rodeo's "__ the Rain"
49. Statue of Liberty's light
51. Feel
52. Ozone-damaging refrigerant
54. Pro __ (In proportion)
55. Unaccompanied

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A decision needs to be taken about your financial situation and it is up to you to take it and make it work. Don't keep quiet and let others call the shots — if you do it is they who will gain and you who will pay.

Taurus April 21 - May 21
A battle of wills is likely today but because it is a battle that neither side can win you are advised not to take it too seriously. Speak your mind but don't waste time and energy trying to get others to change theirs.

Gemini May 22 - June 21
If you recently made some kind of error then hold up your hand and admit it. No one will think less of you and punishment is unlikely to be severe. Swallow your pride and accept your share of the blame.

Cancer June 22 - July 23
If you find yourself arguing over a subject you feel strongly about today make sure it does not get out of hand. It is not worth putting a friendship at risk to win a debate that soon everyone will have forgotten about.

Leo July 24 - Aug. 23
You will find your options limited today and there is nothing much you can do about it. It may not be your way to do nothing, but sit tight and wait for the restriction to pass.

Virgo Aug. 24 - Sept. 23
You will hear something over the next 24 hours that you utterly disagree with, but this is not a good time to make your feelings known. It could be that someone is being deliberately provocative just to see how you react.

Libra Sept. 24 - Oct. 23
You won't lack for advice today, but how much of it is good advice? Hardly any of it, according to the planets, so ignore what others say and follow your instincts.

Scorpio Oct. 24 - Nov. 22
There are times when it is right to forgive and forget but this isn't one of them. If you let someone who has damaged you in some way off the hook it will make you look weak and encourage others to take advantage. Get tough.

Sagittarius Nov. 23 - Dec. 21
Don't waste your time and energy trying to figure out something that most likely has no meaning at all. This is one of those occasions when, if you ignore a problem, it won't be a problem for long, so leave it alone.

Capricorn Dec. 22 - Jan. 20
Because everyone else seems happy with what's going on you may be reluctant to voice your disapproval, but chances are if you speak up today others will be encouraged to as well. You're by no means alone.

Aquarius Jan. 21 - Feb. 19
You will encounter opposition in some way today and you are going to have to find a way to balance your domestic responsibilities and your career ambitions. It won't be easy but it can be done — so do it!

Pisces Feb. 20 - March 20
You will get frustrated with people who can't make up their minds today. For your own peace of mind it might be best to leave them out of your plans altogether and just do your own thing.

CONCEPTIS SUDOKU by Dave Green

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Difficulty Level ★★★★ 6/07

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